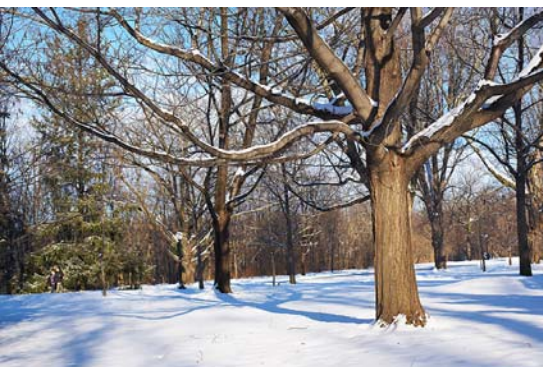




# Recommended Community Strategies and Measurements



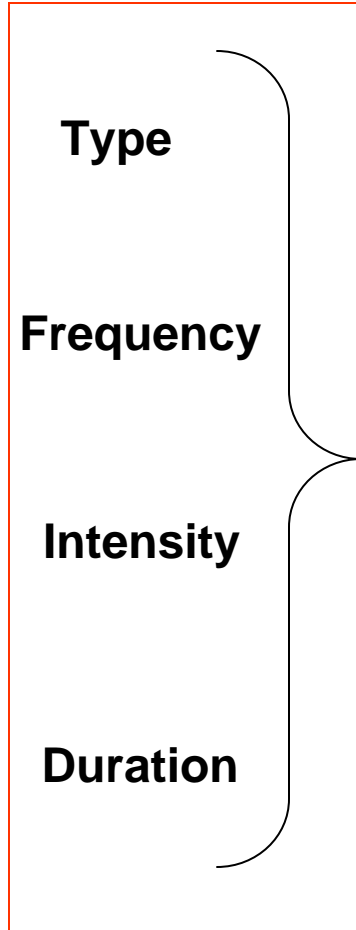
Judy Kruger, PhD, MS  
Physical Activity and Health Branch  
Centers for Disease Control & Prevention



**Policy**



**Environment**



**Health Outcomes**



# Physical Activity Guidelines Advisory Committee Report 2008

To the Secretary of Health and Human Services

[www.health.gov/paguidelines](http://www.health.gov/paguidelines)



## 2008 Physical Activity Guidelines for Americans



*Be Active, Healthy, and Happy!*

[www.health.gov/paguidelines](http://www.health.gov/paguidelines)



# Built environment (BE) is associated with physical activity: evidence for older adults

BE attributes	Active transport	Active recreation
Walkability*	+	+
Sidewalks	XX	XX
Proximity	XX	+

\* Refers to mixed land use, street connectivity, residential density



# Landmark Reports

- Guide to Community Preventive Services Promoting Physical Activity: Environmental and Policy Approaches
- 2005 IOM recommendations for environmental physical activity
- 2009 MMWR Surveillance Summary





# Guide to Community Preventive Services

## Promoting Physical Activity: Environmental and Policy Approaches



Environmental and Policy Approaches to Increase Physical Activity: Community-scale Urban Design Land Use Policies & Practices

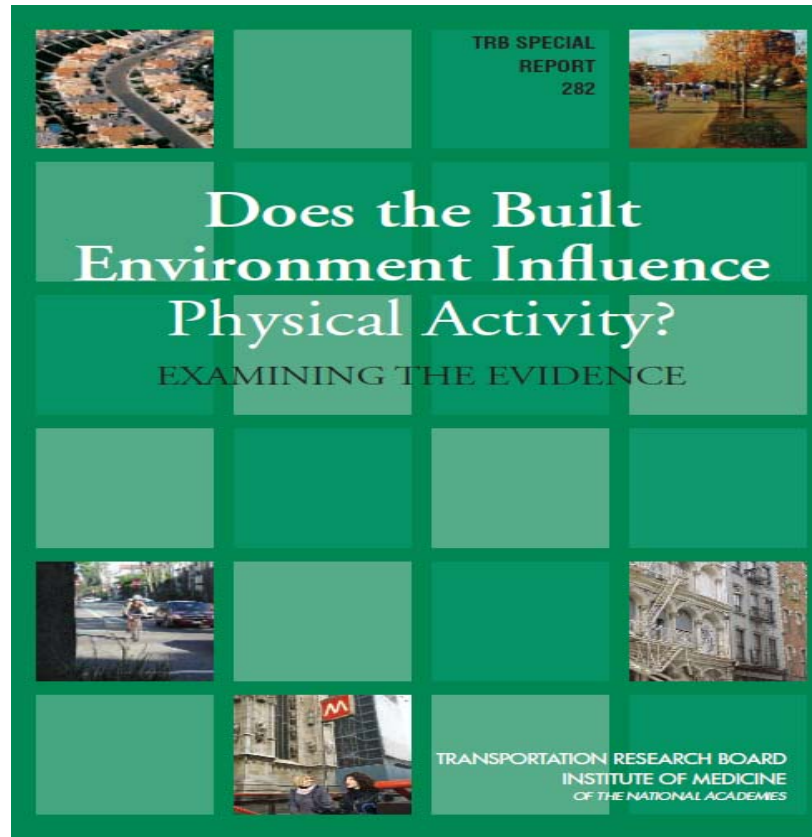
Environmental and Policy Approaches to Increase Physical Activity: Street-scale Urban Design Land Use Policies & Practices



Environmental and Policy Approaches to Increase Physical Activity: Creation of or Enhanced Access to Places for Physical Activity Combined with Informational Outreach Activities

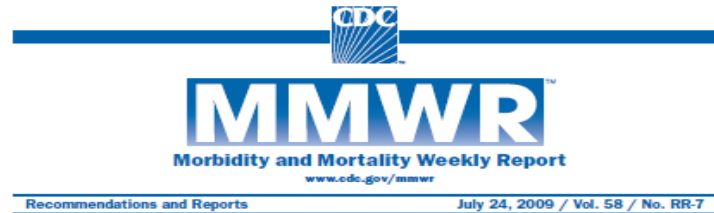


# IOM Recommendations for Environmental Physical Activity





# MMWR Surveillance Summary



## Recommended Community Strategies and Measurements to Prevent Obesity in the United States



# Development and Use of Recommended Community Strategies



- Steering committee
  - PubMed search 2005-2007
  - 24 strategies
- 
- For baseline assessment
  - To identify priority for action
  - To measure change over time



# Create Safe Communities that Support Physical Activity

- Strategy #16 - **Communities Should Improve Access to Outdoor Recreational Facilities**
- Strategy #17 - **Communities Should Enhance Infrastructure Supporting Bicycling**
- Strategy #18 - **Communities Should Enhance Infrastructure Supporting Walking**
- Strategy #20 - **Communities Should Improve Access to Public Transportation**
- Strategy #21 - **Communities Should Zone for Mixed Use development**
- Strategy #22 - **Communities Should Enhance Personal Safety in Areas Where Persons Are or Could be Physically Active**
- Strategy #23 - **Communities Should Enhance Traffic Safety in Areas Where Persons Are or Could be Physically Active**



## Strategy #16 Improve Access to Outdoor Recreational Facilities

**Measurement:** The percentage of residential parcels that are located within 1/2-mile network distance of at least 1 outdoor public recreational facility



**Strategy:** Parks, green spaces, outdoor sports fields, walking/biking trails, public pools/playgrounds



***Recommended Action Step:*** Build and maintain parks and playgrounds that are safe and attractive for playing, and in close proximity to residential areas

# Strategy #17 Enhance Infrastructure Supporting Bicycling



**Measurement:** Total miles of designated shared-use paths and bike lanes relative to the total street miles that are maintained by a local jurisdiction.



**Strategy:** Encourage bicycling for transportation and recreation through improvements in the built environment

***Recommended Action Step:*** Local governments have a vital role to play in developing and maintaining infrastructure for recreation and commuting purposes





## Strategy #18 Enhance Infrastructure Supporting Walking

**Measurement:** Total miles of paved sidewalks relative to the total street miles that are maintained by a local jurisdiction



**Strategy:** Encourage walking for transportation and recreation through improvements in the built environment



**Recommended Action Step:** Plan, build, and maintain a network of sidewalks and street crossings that creates a safe and comfortable walking environment and that connects to schools, parks, other destinations



## Strategy #20 Improve Access to Public Transportation

**Measurement:** The percentage of residential and commercial parcels that are located either within a ¼ mile network distance of at least 1 bus stop or within a ½ mile of at least 1 train stop



**Strategy:** Promote programs that support walking and bicycling for transportation and recreation



***Recommended Action Step:*** Promote increased transit use through reduced fares for older adults, and improved service to parks & recreation centers



## Strategy #21 Communities Should Zone for Mixed Use development

**Measurement:** Percentage of zoned land area (in acres) zoned for mixed use that specifically combines residential land use with commercial, institutional, or other public land uses



**Strategy:** Promote zoning regulations that accommodate mixed land use to increase physical activity by encouraging walking and biking for commuting purposes



***Recommended Action Step:*** Promote mixed land use within close proximity of one another



## Strategy #22 Enhance Personal Safety in Areas Where Persons Are or Could be Physically Active

**Measurement:** The number of vacant or abandoned buildings (residential & commercial) relative to the total number of buildings located within a local jurisdiction



**Strategy:** Local governments improve safety by increasing police presence, reduce the number of abandoned buildings and improve street lighting



***Recommended Action Step:*** Adopt community policing strategies that improve safety and security for park use, especially in higher crime neighborhoods



## Strategy #23 Enhance Traffic Safety in Areas Where Persons Are or Could be Physically Active

**Measurement:** Policy for designing and operating streets with safe access for all users which includes at least 1 element of a complete street



**Strategy:** Local government promotes programs that supports traffic safety

***Recommended Action Step:*** Implement a traffic enforcement program to improve safety for pedestrians and bicyclists



# Questions



- What aspects of the environment are in greatest need of improvement to promote healthy aging?
- Which strategies would you choose to implement to become a healthier community?



# Thank you!



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The findings and conclusions in this presentation are those of the author and do not necessarily represent the official position of the Centers for Disease Control and Prevention

